



Employee Health and Benefits

Holiday Recipes 2019

Cranberry Spritzer

- 1 ounce cranberry juice (sweetened)
- 1 wedge lime
- Sparkling water or sparkling wine
- Cranberries (frozen)

In a chilled Champagne flute add cranberry juice and a squeeze of lime. Top off the glass with sparkling water or sparkling wine. Garnish with 3 or 4 frozen cranberries.

Spiced Nuts

- ½ cup each raw: cashews, almonds, walnuts and pecans (or any combination you like)
- 3 teaspoons soy sauce
- ½ teaspoon coriander powder
- ½ teaspoon powdered ginger
- ½ teaspoon curry powder
- ½ teaspoon cumin

Roast nuts on a baking sheet in a preheated 350 degree oven until golden, stirring occasionally for even roasting. In a small bowl, mix soy sauce and spices together until well mixed. Pour roasted nuts into a large bowl and while still hot, pour soy sauce mixture over them and toss to coat thoroughly. Pour nuts back onto baking sheet and roast for 1 minute more to allow the sauce to dry. Remove from oven and allow to cool on pan. Store in an airtight container.

Yield: 2 cups



Employee Health and Benefits

Sweet Potato Hummus

- 1 large sweet potato, baked
- 1 can (15 ounces) chickpeas, drained, rinsed
- ¼ cup tahini (sesame seed butter) or extra virgin olive oil
- ¼ cup fresh lemon juice
- 1 clove garlic, smashed
- ½ teaspoon salt
- 1 teaspoon ground cumin

Combine all ingredients in a food processor and puree until smooth. Adjust seasonings to taste.
Tips: Serve with vegetables, whole grain pita bread, crackers or chips.

Yield: 8 - ¼ cup servings

Spinach Salad with Maple Mustard Dressing

- 1 lb. fresh spinach
- 1 cup thinly shredded red cabbage
- 1 cup sliced button mushrooms
- ¼ red onion, sliced thin

Dressing:

- 1/3 cup canola oil or grapeseed oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon pure maple syrup
- 2 tablespoons Dijon-style mustard
- Pinch of salt

Place salad ingredients in a bowl. In a small jar, combine all of the dressing ingredients and shake well. Pour over salad and toss. Serve immediately.

Serves 4



Employee Health and Benefits

Heidi's Carrot Salad

- 1 lb. shredded carrots
- 1 cup raisins
- 2 cans chunk pineapple in its own juice
- ¼ cup pecan halves, raw or toasted

Place shredded carrots and raisins in big bowl and cover with pineapple and juice. Let it sit overnight in refrigerator, stirring to make sure the raisins and carrots get plump and filled with juice. Sprinkle pecans on top before serving.

Yield: Serves 4-6

Polly's Parsnip Puree over Carrot Matchsticks

- 4 large carrots, peeled and cut into matchsticks (or sliced into coins)
- 1 bag parsnips
- ¼ teaspoon salt
- ¼ cup pure maple syrup
- 1 tablespoon butter
- 1 tablespoon chopped fresh basil

Peel and cut 1 bag of parsnips into 1" chunks. Place in pot with enough water to cover. Add a pinch of salt, bring to a boil, cover and simmer until very soft.

While parsnips are cooking, either steam or microwave carrots and have them hot and ready for the 'sauce'.

Remove parsnips with a slotted spoon into a blender or food processor. Add ¼ cup maple syrup, 1 tablespoon butter, 1 tablespoon fresh chopped basil and blend until smooth. Add enough cooking liquid to make a sauce consistency of your liking. Serve hot over steamed carrots.

Serves 4



Employee Health and Benefits

Green Beans with Corn and Scallion Pesto

2 medium green onions (scallions)
¼ cup extra virgin olive oil
1 large clove garlic, chopped
Black pepper to taste
¼ teaspoon salt
¾ cup vegetable or chicken stock
2 cups frozen corn
4 cups green beans, cut into 1" segments

Place the green onions, oil, garlic and salt and pepper to taste in a food processor and process until you have a smooth sauce (pesto). Set aside. Bring plenty of water to a boil in a large saucepan. Add green beans and boil until tender, uncovered, approximately 5 minutes. Drain and set aside. Heat broth in same saucepan. Add corn and simmer 5 minutes. Add green beans to corn along with the pesto and heat mixture over medium heat. Simmer until heated through.

Serves 4

Quinoa Stuffing

1 large white onion, chopped fine
1 stalk celery, sliced thin
2 tablespoons olive oil
½ teaspoon each: dried sage, thyme and rosemary
½ lb. button mushrooms, sliced
1 ½ cups quinoa, rinsed
3 cups vegetable or chicken broth
½ teaspoon salt
Pepper to taste

In a large cooking pot, sauté the onion and celery in the olive oil with the dried herbs until slightly soft. Add the mushrooms and salt and continue to sauté until the mushrooms have released their liquid, about 5 minutes. Add the quinoa and stir to mix in with the vegetables. Add the broth and bring to a boil, reduce heat, cover and simmer for 20 minutes, until all the liquid is absorbed. Spoon out into a serving bowl and serve hot.

Yield: 4-5 cups



Employee Health and Benefits

Mushroom Gravy

½ medium onion, chopped fine
1 clove garlic, minced
2 cups sliced button mushrooms
Pinch of salt
1 cup water or stock (vegetable, chicken or beef)
1 tablespoon Tamari (good quality soy sauce)
1 tablespoon arrowroot powder (available in health food stores)
Black pepper to taste

Sauté onion and garlic in olive oil until soft. Add mushrooms and salt and sauté over medium-high heat until mushrooms release their liquid. Add water or stock and tamari, simmering 5 minutes more. Dissolve arrowroot in ¼ cup cold water and slowly add to gravy, stirring constantly. Stir until slightly thickened. Season to taste with salt and pepper.

Yield: 2 cups

Heidi's Cranberry Chicken

2 chicken breasts, cut in half to yield 4 halves
2 cans whole cranberry sauce
1 large Spanish onion, sliced thin
¼ cup dry Sherry

Spoon cranberry sauce into a pyrex dish. Add chicken breasts with sliced onions and sherry. Stir around so all is mixed well and covering the chicken. Bake at 350 degrees, uncovered, for 30 – 40 minutes or until a meat thermometer reads 165 degrees, checking halfway through to make sure chicken is staying covered with cranberry sauce, turning the breasts over if not.

Serves 4



Employee Health and Benefits

Turkey Pesto Roll Ups

- 1 large whole wheat tortilla (10" diameter)
- 1 Tablespoon commercially prepared pesto
- 6 rehydrated sun-dried tomatoes, thinly sliced
- 3 oz. turkey breast, sliced thin
- 4 1/3 cup spinach leaves

Place the tortilla on a work surface. Spread the pesto on the tortilla.

Sprinkle the sun-dried tomatoes over the pesto. Layer the turkey slices over the tomatoes and top with the spinach leaves. For easy rolling, leave about 2 inches around the edge of the tortilla uncovered.

Roll the tortilla into a log shape. Cut the roll in half; if desired, slice each half into three pieces to pack. Yield: 1 roll up

Pumpkin Mousse with Gingersnap Crumbs

- 1 12 oz. box silken tofu
- ½ cup pure maple syrup
- 1 tsp. lemon zest
- ¼ cup fresh lemon juice
- 1 ½ teaspoon vanilla extract
- ½ tsp. cinnamon
- ¼ tsp. ground ginger
- Pinch of ground cloves
- 3 cups (29 oz. can) solid pack pumpkin
- 8 gingersnaps, crushed into crumbs

Place everything except pumpkin and gingersnaps in a blender or food processor and process until smooth. Add half of the pumpkin and puree again. Transfer to a medium sized bowl and beat in the remaining pumpkin until it becomes uniformly creamy. Cover tightly and chill for several hours or overnight to let the flavors combine and deepen (very important step!).

To serve, spoon into decorative bowls and sprinkle with the gingersnap crumbs. Serve right away so crumbs don't get soggy.

Yield: 6 servings



Employee Health and Benefits

Cauliflower 'Potato' Salad

1 large head cauliflower, chopped
1/2 cups fat-free mayonnaise
1/2 cup fat-free sour cream
1 -2 tbsp. Dijon Mustard
1/2 envelope dry ranch dressing/dip mix
2 tbsp. fat-free milk
1/4 tsp. salt
6 hard-boiled egg whites, chilled and chopped
2 celery stalks, diced
1 cup diced red onion
1/4 cup chopped chives
3 tbsp. seasoned rice vinegar
2 tbsp. chopped dill
2 tbsp. chopped parsley, plus more, for optional garnish
Optional garnish: paprika

Directions:

Place cauliflower in a large microwave-safe bowl with 1/3 cup water. Cover and microwave until soft, 6 – 8 minutes. Once the bowl is cool enough to handle, drain any excess water.

Put 2 cups of the cauliflower in a blender or food processor. (Set aside the bowl of remaining cauliflower.) To the blender, add mayo, sour cream, mustard, dressing/dip mix, milk, and salt. Puree or pulse until blended. Don't worry if the puree isn't completely smooth. Set aside.

To the bowl with the remaining chopped cauliflower, add all remaining ingredients. Add pureed mixture from the blender and lightly stir to coat.

Refrigerate for several hours before serving. Garnish with paprika and additional parsley, if you like.

Makes 10 servings